Ultraviolet (UV) radiation exposure can be hazardous to your health:

- Overexposure causes skin and eye burns
- UV effects are cumulative and may be carcinogenic—greater risks are associated with early and repeated exposure
- Risk factors include skin type, photosensitivity and history of skin cancer
- Drugs and cosmetics may increase UV effects

In the long term, UV exposure can contribute to premature ageing and skin cancer:

- Follow instructions
- Use protective eyewear
- Not recommended for use by those under 18 years of age